

HEMOLYTIC-UREMIC SYNDROME

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Allergy and Man's Food History

SOME FOODS ARE more allergenic than others because of mankind's past. If you stop and think about it, prehistoric man has been shown to have been a roving creature that killed small animals, picked berries and dug up roots. He did not raise cows and milk them, he did not have fields of grain and he did not grow sugars. I think that the reason these foods are the most commonly allergenic foods is because they have entered man's diet more recently. Bread is not the staff of life; unfortunately it is in some ways probably one of the worst things going. I think probably one of man's worst discoveries was figuring out how to put yeast with grain. And of course, the growing of grain enabled us to discontinue our nomadic life and to settle in one spot. And by settling in one spot we developed inhalant allergies to the vegetation in the area. Then we grew grain and figured out how to mix the grain with yeast, and we got booze and bread; and we have never been the same since. Some patients just do better on what we call a caveman diet: meats, fruits and vegetables.

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